

Burn calories, not rubber.

Walking or bicycling to work, school, or the store is great exercise and it can save you money. The average driver spends 56 cents per mile on car ownership and maintenance expenses, such as the cost of new tires! By walking or bicycling – even just one day a week – you'll help reduce traffic congestion and pollution.

So keep it up, because —



It all adds up to cleaner air



U.S. Department of Transportation
Federal Highway Administration

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Remember how you used to daydream on your way to school?

You can do it again. Take the bus, and you'll have a little extra time to yourself.

When you drive, you have to concentrate on the road, the traffic, the real world. But when you ride the bus, you can escape into a world far from stress and pressure. You could save money, too.

(The average driver spends 56 cents per mile on car ownership and maintenance expenses.) Plus, you would help reduce traffic congestion and pollution, which actually makes your bus fare a contribution towards a better environment.



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Try picking someone up before you go out.

Share a ride with a friend. It's nice to have a co-pilot, plus you'll save money and the air.

Ride sharing is a great way to make driving more enjoyable, whether you're going out on the town or going to work. You'll save money, too. Sharing a ride with just one person can cut your travel costs in half. And if all drivers doubled up, traffic would run more smoothly and millions of pounds of air pollution could be kept out of the air each year.

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Tomorrow, leave home without it.

Keep your car parked even just once a week. You could save money, stress, and the air.

Just once or twice a week, try getting around another way. Take mass transit, share a ride, or car pool. Walk, bike, or in-line skate. You could save some money and your sanity. Plus, you'll be helping to reduce traffic congestion and pollution. Vehicles on the road account for more than 25% of all air pollution nationwide. You help to reduce that when you choose another mode of travel.



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You'd have
more time on
your hands
if they weren't
on the wheel.

Take mass transit. You could save money, the air, and a little time for yourself.

Instead of fighting traffic, you'd have time to relax, read or just daydream.

You could save money, too. (The average driver spends 56 cents per mile on car ownership and maintenance expenses.)

Plus, you help reduce traffic congestion and pollution... which means that you're saving a lot more than just time.

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You should be reading this on the bus.

You'd save money and the air, plus have time to read more than the Sports page.

Instead of fighting traffic, you can sit back, relax, and read the paper or a good book.

You could save money, too. (The average driver spends 56 cents per mile on car ownership and maintenance expenses.) Plus, you'll help to reduce traffic congestion and air pollution...

which makes your bus fare a contribution towards a better environment.

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If you're not part of the problem, You're part of the solution.

Don't get stuck in a jam. Call first and get around smarter and faster.

Want to save yourself a lot of time, stress, and aggravation and reduce traffic congestion and air pollution at the same time? Then call us or visit our web site for free, up-to-the-minute, route-specific traffic and transit information.

Because getting travel and transit information before you leave home or the office is smart for you and the environment.

So keep it up, because—



It all adds up to cleaner air



U.S. Department of Transportation
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Your grip tightens,
teeth grind, You
knew you should have
gone the other way.

Call before you go. You'll get around smarter and faster, plus help the air.

No matter where you're going or how you're getting there, it's smart to call us first or visit our web site for free, up-to-the-minute, route-specific traffic and transit information.

You'll save time, stress, and aggravation. Plus you'll help reduce traffic congestion and pollution, because finding the best way to travel before you leave home or the office can keep you from getting into a jam.

So keep it up, because—



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